

# UKS2: Me and My Relationships



Cycle B

## Key Questions

### Feelings

- What are emotional needs?
- Do we have the same emotional needs?
- Do emotional needs stay the same?
- Why are emotional needs important?

### Friendship Skills, Including Compromise

- What qualities make a good friend? Why?
- How does a good friend show these qualities?
- Do these qualities make a difference in friendships? How?

### Assertive Skills

- How can someone stand up for themselves?
- When would someone use their assertiveness skills?
- Is assertiveness the best way to react to pressure? Why?

## Assessment: Unit Outcomes

- ✓ I can give a range of examples of our emotional needs and explain why they are important.
- ✓ I can explain why these qualities are important.
- ✓ I can give a few examples of how to stand up for myself (be assertive) and say when I might need to use assertiveness skills.

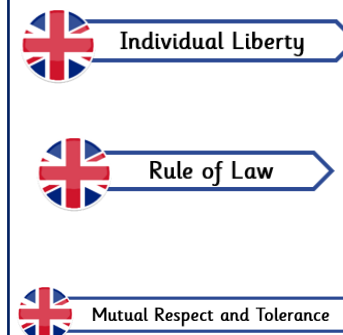
## Key Vocabulary

respect	Accept somebody for who they are, even when they're different from you or you don't agree with them.
collaborate	To work jointly with others to get something done.
conflict	A challenge to the way a person thinks or behaves.
resolution	Something that you are going to do or change,
assertiveness	Ability to speak up for ourselves in a way that is honest/ respectful.
compromise	An agreement between people where they give something up.
negotiation	To try to work out an agreement between people.
qualities	A distinctive attribute/characteristic possessed by someone.

### Christian Value Link



### British Value Link



### Spirituality Link



# UKS2: Valuing Difference



Cycle B

## Key Questions

### Recognising and Celebrating Difference, Including Religions and Cultural

- Is having different groups something to celebrate? Why?
- Why can religious and cultural differences cause conflict?
- Can differences in faiths and cultures be positive? Why?

### Influence and Pressure of Social Media

- Does a person's online posts about themselves reflect their life?
- Why would someone want to create a false impression when they post online?
- Is it healthy or harmful to post something online that is not the full truth? Why?

### Assessment: Unit Outcomes

- ✓ I can give examples of different faiths and cultures and positive things about having these differences.
- ✓ I can explain how people sometimes aim to create an impression of themselves in what they post online that is not real and what might make them do this.

### Key Vocabulary

tolerance	Accepting people for who they are.
stereotype	A mistaken idea/belief many people have about a thing/group that is based upon how they look on the outside, which may be untrue/only partly true.
discrimination	Unfair treatment of one particular person or group of people.
prejudice	Attitudes or opinions about a person or group simply because the person belongs to a specific religion, race, nationality, or other group.
diverse	Difference including race or ethnicity, age, disabilities, language, culture, appearance, or religion.
conflict	A challenge to the way a person thinks or behaves.
cultural	Beliefs / behaviours that are traditionally practiced by a group of people.
acceptance	An indication that you approve of or believe in something/someone.

### Christian Value Link

### British Value Link

### Spirituality Link



# UKS2: Keeping Safe

Cycle B

## Key Questions

### Managing Risk including Staying Safe Online

- What risky situations can happen online?
- What can someone do to make the situation less risky?
- What can influence a person to take risks online?
- Does everyone have a choice whether to take risks online?

### Norms Around Use of Legal Drugs (Tobacco, Alcohol)

- Do lots of young people choose to smoke?
- Why do some people think that lots of young people smoke?
- Can knowing the true percentage (3%) influence people's choice about smoking? How?

### Assessment: Unit Outcomes

- ✓ I can give examples of things that might influence a person to take risks online. I can explain that I have a choice.
- ✓ I can say the percentage of people aged 11-15 years old that smoke in the UK (3%) and I can give reasons why some people think it's a lot more than this.



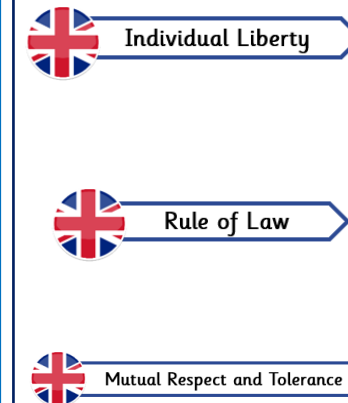
### Key Vocabulary

risk	The possibility of something bad happening.
private	Something you don't want to share; it's for your eyes only.
alcohol	A chemical substance that used in science and manufacturing.
drug	Chemicals/ substances that change the way our bodies work.
cigarettes	Roll of cut tobacco enclosed in paper that is smoked.
cyberbullying	A person uses digital technology to deliberately and repeatedly harass, humiliate somebody.
influence	The power to have an important effect on someone.
social norms	Unwritten rules of conduct that are acceptable to a culture.

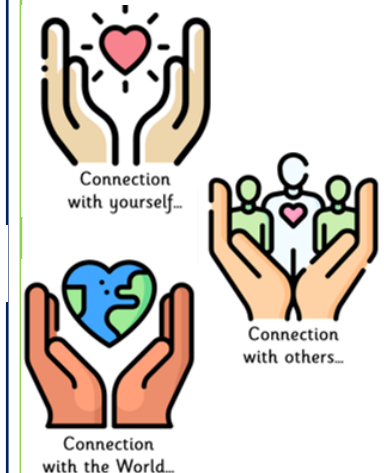
### Christian Value Link



### British Value Link



### Spirituality Link



# UKS2: Rights and Respect



Cycle B

## Key Questions

### Rights and Responsibilities

- Are rights and responsibilities the same?
- Do rights and responsibilities change as someone gets older? How?
- What rights and responsibilities do we have to the community and the environment?

### Rights and Responsibilities Relating to My Health

- How is someone responsible for their own health?
- Why do some people find it hard to stick to their responsibilities for keeping healthy?
- What might help someone restart being responsible for keeping healthy?

### Decisions About Lending, Borrowing and Spending

- What things are needed by people in the community?
- What services do local councils provide?
- Do councils choose how much money they give to the services they provide?
- How might a council's spending choices affect different groups in the community?

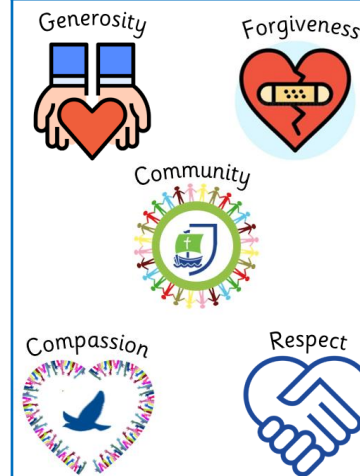
## Assessment: Unit Outcomes

- ✓ I can give examples of some of the rights and related responsibilities I have as I grow older, at home and school. I can also give real examples of each that relate to me.
- ✓ I can give a few different examples of things that I am responsible for to keep myself healthy.
- ✓ I can explain that local councils have to make decisions about how money is spent on things we need in the community. I can also give an examples of some of the things they have to allocate money for.

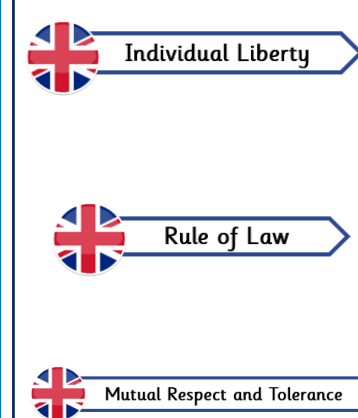
## Key Vocabulary

councillors	A member of a council.
interest	The price paid for the use of credit or money.
debit	A record of the money taken from your bank account.
credit	The amount of money for which a person will be trusted.
loan	Money borrowed from a bank to pay for something.
council	A group of people that gather to give advice or make decisions.
sustainable	Using natural resources in a way that we could keep doing for a long time.
elections	The process of voting to choose someone to be their political leader or representative in government.

### Christian Value Link



### British Value Link



### Spirituality Link



# UKS2: Being My Best

Cycle B

## Key Questions

### Growing Independence and Taking Responsibility

How does someone become more independent as they grow older?

What responsibilities do teenagers have?

Does having more independence mean having more responsibility? Why?

### Media Awareness and Safety

Are media images of celebrities true?

How can media images of celebrities make someone feel?

What non-physical qualities make people attractive? Why?

### Assessment: Unit Outcomes

- ✓ I can give an example of when I have had increased independence and how that has also helped me to show responsibility.
- ✓ I can name several qualities that make people attractive that are nothing to do with how they look, but about how they behave.



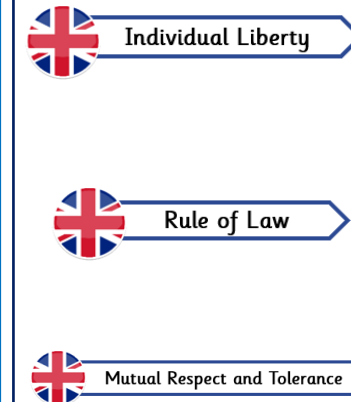
### Key Vocabulary

media-influence	Actual force exerted by a media message, resulting in either a change or reinforcement in audience or individual beliefs.
independence	The state of wanting or being able to do things for yourself and make your own decisions.
consideration	Kindness and thoughtful regard for others/an act of thoughtfulness.
resilience	The ability to 'bounce back' after challenges and tough times.
confidence	Feeling sure of yourself and your abilities.
patience	Being able to wait for something while having a positive attitude and without getting upset.

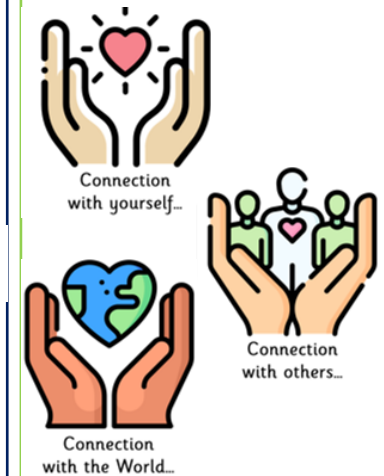
### Christian Value Link



### British Value Link



### Spirituality Link

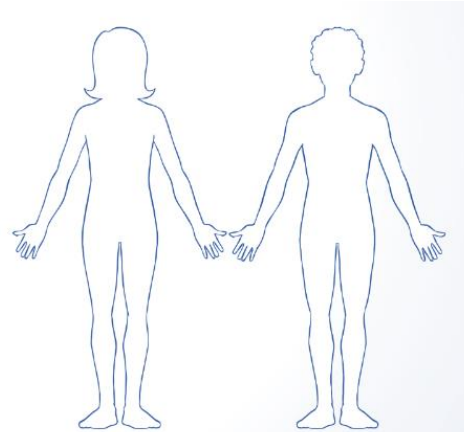


# UKS2: Growing and Changing



Cycle B

## Key Questions



### Managing Difficult Feelings

Why do people have good and not so good feelings?

Is resilience the same as confidence?

Can someone develop confidence or resilience? How?

Does having resilience help people with their feelings?

### Managing Change

What different changes can someone experience?

Does change cause strong emotions?

Does preparing for change help?

How might preparing for change help someone to cope with it?

What might help someone cope with these strong emotions?

### Getting Help

Does the body feel differently when someone may need help?

When might someone need help?

What advice would you give to someone who needs to get help?

What makes someone a trusted adult?

## Assessment: Unit Outcomes

- ✓ I can explain what resilience is and how it can be developed.
- ✓ I can list ways that I can prepare for changes (e.g. to get the facts, talk to someone).
- ✓ I am able to identify when I need help and can identify trusted adults in my life who can help me.

## Key Vocabulary

respect	Accept somebody for who they are, even when they're different from you or you don't agree with them.
puberty	Name for the time when your body begins to develop and change (child to an adult).
menstruation	A normal vaginal bleeding that occurs as part of a woman's monthly cycle.
confidential	Keeping your information private.
confidence	Feeling sure of yourself and your abilities
hormones	Chemical substances that act like a messenger in the body.

### Christian Value Link

Generosity



Forgiveness



Community



Compassion



Perseverance



Respect



### British Value Link



Individual Liberty



Rule of Law



Mutual Respect and Tolerance

### Spirituality Link



Connection with yourself...



Connection with others...